

NEWSLETTER

ENPP 2015 (1)

-
- **Positive Psychology in Ireland** **2**
 - **Positive Psychology in Belgium** **3**
 - **Summer school in the Netherlands** **4**
 - **Report from ECPP7** **8**
-

Dear Members of ENPP!

It is with great pride that I introduce to you to the first ENPP newsletter of 2015. There are so many interesting things going on in the field of positive psychology in Europe. Our country representatives Jolanta Burke from Ireland and Hein Zegers from Belgium provide us with information on the highlights of positive psychology in their countries. Jolanta and Hein are also responsible for the ENPP Facebook site that has now reached 551 likes! We would like to thank them for their contribution to the ENPP and all of you that are following us. Our goal is to reach 1000 followers before the end of the year! Please help us, follow, share and like our Facebook site:

www.facebook.com/EuropeanNetworkforPositivePsychology

The ENPP is an informal network for those who are interested in the field of Positive Psychology. We have about 40 new members each month and today our members are **1576** from all around Europe. We welcome all good ideas on how we can improve and we encourage you to share information and good ideas with us on how we can continue to grow and improve our methods in sharing information in the field.

In this newsletter you can find information on a summer school course in Health and Happiness at the University of Twente in the Netherlands 11-18 August. You will also find a detailed report from the ECPP7 in Amsterdam and link to the ECPP8 conference website www.ecpp2016.com For those of you who can't wait until next summer for a positive psychology conference, you might want to join those of us who are going to the International conference on positive psychology later this month in Florida. I will be chairing a session on positive psychology in Europe with ENPP board member Jan Walburg and will also participate in a conversation hour on positive psychology associations around the world with another ENPP board member Charles Martin Krumm. More information on the IPPA conference can be found here: <http://www.ippanetwork.org/wcpp2015/>

I hope to meet all ENPP members that are going to the IPPA conference, in Florida. Please do come and say hello!

Dora Gudrun Gudmundsdottir
President of ENPP



GREETINGS!

Dear Members of ENPP,

Welcome to the first ENPP Newsletter this year. I wish you all joy, peace and happiness over the summer ☺

*Dora Gudrun
Gudmundsdottir
President of ENPP*



Further information on ENPP can be found on our website:

www.enpp.eu

Editorial team: Dora Gudrun Gudmundsdottir, Gitte Bjerre, Dominik Dallwitz-Wegner

Positive psychology in Ireland

Written by Jolanta Burke

Dr. Michael J. Hogan is a researcher and lecturer in the National University of Ireland, Galway. He is passionate about measuring wellbeing on a national scale and has recently published a very interesting paper that examines the value of citizen consultations and considers how best to optimize deliberation and co-design by experts, citizens, and politicians.



Hogan, M.J., Johnston H, Broome B, McMoreland C, Walsh J, Smale B, Duggan J, Andriessen J, Leyden K, Domegan C, McHugh P, Hogan V, Harney O, Groarke J, Noone C, Groarke A. (2014). Consulting with Citizens in the Design of Wellbeing Measures and Policies: Lessons from a Systems Science Application. *Social Indicators Research*, 1-21. doi: 10.1007/s11205-014-0764-x.

For the blog version of the paper, please go to:

<http://theblogprogress.blogspot.ie/2014/06/consulting-with-citizens-in-design-of.html>.

Dr. Finian Buckley is an Associate Professor in Organisational Psychology at Dublin City University. His area of expertise is 'trust' and what organisations and individuals can do in order to develop it. He has carried out research and has published several papers in this area. Below is a sample of the most recent ones. Also, his latest study on how firm décor influences new recruits' trust will soon be published in one of the US journals.

Alexopoulos, A., and Buckley, F. (2013). "What Trust Matters When: The Temporal Value of Professional and Personal Trust for Effective Knowledge Transfer". *Group & Organization Management*, 38(3), 361-391. DOI: 10.1177/1059601113488939.

Chughtai, A.A. and Buckley, F. (2013), "Exploring the impact of trust on research scientists' work engagement: evidence from Irish science research centres", *Personnel Review*, 44(4), 396-421. DOI: 10.1108/PR-06-2011-0097 <<http://dx.doi.org/10.1108/PR-06-2011-0097>>.

Jerry Dixon is a researcher and lecturer in the Institute of Technology, Carlow. His interest is in the area of careers and positive psychology. He has just completed a large scale study with a group of unemployed people searching for a job. His study is showing that optimistic thinking style predicts individuals' re-employment.

Jolanta Burke, an Irish representative for ENPP has been recently selected a global representative for the International Positive Education Network.

There are currently several Positive Education initiatives taking place in Ireland. One of them is a pilot study carried out by the Educate Together Primary Schools. The project is initiated by a parents' committee and led by Martina von Richter Japy in collaboration with one of the Universities in Ireland. The objective of the project is to boost students' well-being and help them make a smoother transition from primary to secondary education.

Another Positive Education project was initiated by a Guidance Counsellor **Sean Doran** from a secondary school PBS Newbridge, who adapted the wellbeing programme from the Wellington College (written by Baylis and Morris) to an Irish environment with great results.



Positive psychology in Belgium

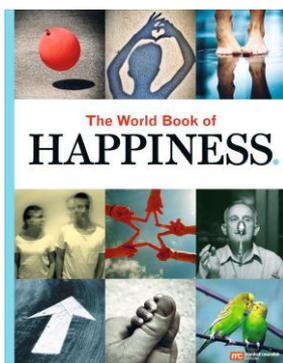
Written by Hein Zegers

Belgium, with its 11 million people, belongs to the smaller countries within the E.U. Yet this little country does contain three linguistic groups: Dutch-speaking, French-speaking and German-speaking. Add English as an increasingly popular means of communication, Brussels as the seat of the EU, Nato and several other international organizations, and you see why this place is often considered a somewhat weird yet vibrant information hub. It is also one of the most popular places for lobbyists in the World.

Amongst the earliest multilingual Positive Psychology initiatives in Belgium, we find organizations such as www.EvidenceBasedHappiness.org, groups such as “Belgische Positieve Psychologie Positive Belge” on LinkedIn and Facebook, and in 2009, the Belgian Federation of Psychologists organized a study day about Positive Psychology and published an article series around Positive Psychology in its journal Psychologos.

Teaching on Positive Psychology started around 2008 at several Belgian Universities and University Colleges. There are Positive Psychology-based certificates to be earned at both K.U.Leuven University (“Counseling in Existential Well-Being”) and Université Catholique de Louvain (“Life Coaching”). It is important to remind though, that Belgium has strict laws about the use of the term “Psychologist”, reserving it strictly to people who have earned a full-fledged Master in Psychology at an official University. This restriction also applies to the term “Positive Psychology”.

With their multilingual background, Belgians also tend to participate in Positive Psychology activities in different neighbouring countries (In Belgium, you can’t drive 3 hours straight without being in another country). So from 2008, we have participated in and co-created several foundational Positive Psychology Conferences in the Netherlands.



A popular TV program on Positive Psychology in France was partly made by a Belgian researcher from Harvard University. In 2012 the former E.U. President gave a Belgian Positive Psychology-inspired book (The World Book of Happiness) as a present to 200 political leaders from all over the world, including Obama, Sarkozy and Merkel, amongst many others.

CuriousU: Summer school course 'A boost for health and happiness'

University of Twente, Enschede, the Netherlands, 11 – 18 August 2015

Researchers have long known that happiness and health go together. Studies show how that it is possible to influence the well-being of individuals and groups. Numerous interventions and techniques, often supported by technology, have been developed to help promote a healthy and happy lifestyle. In this course, we will address a couple of questions: What makes people happy? What role can technology play to support health and well-being? How can we help people cope with a chronic disease? Inspired by insights from positive psychology, health sciences and eHealth, this course will help you answer these questions. You will work on several cases related to well-being in schools, at work or in the health care sector, with the ultimate goal to boost mental health. Inspiring speakers, such as Nic Marks, will share the latest insights in positive psychology with you.

CuriousU summer school offers a unique festival-style mix between academic courses, music, sports, fun and inspirational speakers.

Who can attend?

Everyone with an interest in positive psychology and who likes to learn more about how to improve health and well-being, especially in the field of education, healthcare and work.

Information/registration

W: www.utwente.nl/curiousu

E: curiousu@utwente.nl

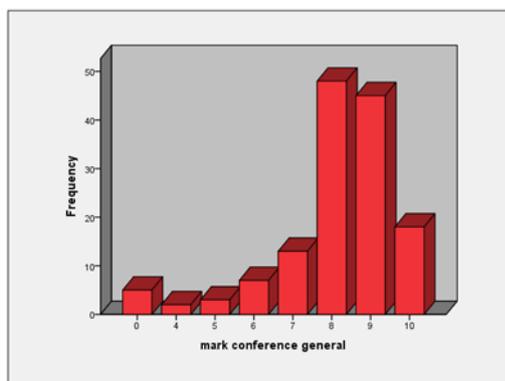


An evaluation of the 7th European Conference on Positive Psychology Amsterdam, 2014

By Jan Walburg, Neeltje Vogels and Linda Bolier.



We really enjoyed organising the conference in Amsterdam as the audience was very kind and grateful and we received a lot of interesting and mostly positive feedback. We also did a more formal evaluation and we received 141 evaluation forms.



Most of the participants were HAPPY with the conference

The mean mark for the conference was an 8 on a scale from 1 to 10. 15 people scored a 7, 48 an 8, 45 a 9 and 19 even a 10!

The scientific content was rated in a likewise way: 100 people scored an 8 or higher 28 a 7 and only 12 lower than that.

The venue of the Beurs van Berlage received a mean rating of a 9 and the mean score for catering was 8. The fee was apparently a problem for many people as it had the lowest mean score of 6.55.

We asked the participants what they liked best and this is a representation of the comments:

“Barbara Fredrickson, Fred Korthagen, Robert Vallerand, Mihaly Csikszentmihalyi.”

“The atmosphere and environment which facilitated a really positive feel for the conference. A perfect blend of science and surroundings! Very PosPsych!”

“The very high level of engagement of all participants; the excellent quality of presentations; the hospitality of the host organisation and the chance to network internationally with a group of like-minded professionals.”

“The scale and breadth of the material presented, and it was a really lovely conference venue. A very impressive visit.”

“Good atmosphere, collaborative and engaging speakers.”

Interesting is that, when asking **what participants liked the least**, 30 answered: the presentations, 25 the program and 25 the costs.
Representative comments were:

Nothing:

"Liked it all!"

Catering:

"I think the food could have been a bit more suitable for vegetarians."

Costs:

"I was extremely disappointing to see that slides and recordings of the lectures were being sold and at such a high price. I believe that all the slides, posters and recordings if available should be openly accessible online."

"That there was no discount for phd-students."

Program:

"Too many presentations on same time - the choice was difficult."

Presentations:

"Badly prepared or performed presentations."

"Too many papers at paper session."

"The workshops that were still non-interactive."

"Quality of the keynotes."

Remaining:

"Difficult for participants to get an idea of the talks to attend as no abstract provided early enough for people to assess. This meant that many did not attend some of the early ones which could have been very useful. 15 min talks are too short min 20."



Finally we asked for **suggestions about improvement**. So Angers, here you go!

Nothing:

"No, I thought it was really really great, in every way!"

Costs:

"If you want to talk about positive society then lower your conference fee - you made positive psychology privileged field for rich people."

Catering:

"Keep the tea and coffee flowing!"

Program:

"Scale back on the number of concurrent sessions."

"I would like to always have a workshop to choose. I was not interested in papers or symposiums."

Selection/quality:

"New keynote speakers - not the usual suspects so to speak."

"Not to accept presentations in progress, only with results, both empirical and practical."

Interaction:

"An online (professional) meeting place where people registered to participate in the conference are listed, so we have possibility of contacting each other during/before & after conference."

"Perhaps doing a structured 'meet and greet' in a way that means you talk to wider group of people?"

Slides/abstracts:

"Make all the slides, posters and recordings if available openly accessible online."

"I would appreciate having the abstract book at least online. It was not easy to select the symposium or presentation just from the title. Having all the abstracts submitted, why not to put the accepted ones in a simple form to conference website?"

Suggestions of topics:

"More about interventions. keep the mix."

Location:

"Air conditioned rooms."

Remaining:

"Prepare agreements for hotels or transport and/or provide benefits."

"Maybe more on-line support to see other presentations."

Concluding: The conference is positive evaluated.

Comments were on the fee that might be lower for some categories of participants. And comments were on the amount of presentations that might have been less for a number of people and on the quality of the presentations.

We thank the participants very much for their useful comments and we discussed the results with the ENPP Board in order to improve future conferences.

We hope to see you all in Angers 28 June- 1 July 2016

www.ecpp2016.com